

Video Appointment: **How To Guide...**

Not tech savvy, and worried about your video appointment? Please don't be, it's a really easy, safe and secure process. Video appointments can be done from a mobile phone, laptop, ipad or tablet.

Below is a step-by-step process:

1. Phone our reception to make your appointment via Video (Telehealth)
2. Once your appointment is confirmed, you will receive an SMS and email from our admin team
3. Open our confirmation email or SMS and click on the doxy link (doxy is the website where your video call takes place)
4. Type your name in the box displayed and click 'check in'
5. Click the 'Turn on webcam' button and allow use of your camera
6. Once checked in, you'll be held in a 'waiting room' until your Therapist is ready for your session
7. Your Therapist will start and end your video session

